

Zobey Space Adventure Group Class

CH – Zobey: Space Party

Item	Zobey Space Party Activity
Objectives	<ul style="list-style-type: none"> • Children and parents engage in active play (dancing) together. • Participants discover various ways to be active as a family. • Participants gain social support for an active lifestyle through group activity.
Key Content Points	<ul style="list-style-type: none"> • Dancing and moving are fun and good for your body. • Trying new foods is an exciting adventure. • Friends are fun and an important part of your life. Be nice to them!
Materials and Resources	<ul style="list-style-type: none"> • TV and DVD player or TV with internet connection • Zobey Space Adventure DVD (or online version) • Zobey Space Adventure Coloring Book (optional) • Zobey Space Adventure Self-Paced Lesson for participants to take home and complete for another potential class credit • TexasWIC.org recipes
Class Preparation	<ul style="list-style-type: none"> • WIC clinics come in various shapes and sizes. Adapt your set-up to fit your needs. Get creative with your space. Make open floor space in the room; move tables and chairs to the side if needed. • Review the video and practice your dances for each song before the class begins. Invite other staff to join you! • Create an environment that is kid-friendly. Have some toys or a play mat in a corner for younger siblings. • Get the DVD player and speakers on and cued up to the correct spot. • Play some music from the video softly as families arrive to set a fun mood!
Introduction	<p>Welcome to Zobey Space Adventure! My name is _____ . (optional- What's your name?)</p> <p>Today we're going on an adventure with Zobey to outer space! We're all going to move and dance along with Zobey and friends while they are on a space adventure. Imagine you are going to space with them!</p>

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	<p>If DVD videos available: After the class, you'll each get a video to take home with you!</p> <p>To the parents: Thank you for bringing your children today. I have a feeling that we have some good dancers in this group! It doesn't matter whether you are an expert or a beginner— dancing is a great way to spend time together, and to get the physical activity your family needs every day. Dancing helps build strong muscles and coordination, and it's something fun the family can do at home, rain or shine.</p> <p>Now let's get started!</p>
Icebreaker	<p>Ask one or more of these questions as an icebreaker (or use your own):</p> <ul style="list-style-type: none">• Do you know what an adventure is? What adventure have you been on? (prompts – going to the park, going on vacation, going to a lake, going on a walk, trying something new, etc.)• What's in outer space?• What new food have you tried? Do you like to try new foods? What's your favorite food you've tried?• What's your favorite song to dance to?
Activities	<p>Start Video – Zobey Space Party</p> <ol style="list-style-type: none">1. Ask participants, "Are you ready to go along with Zobey on a Space Adventure?" Ask the class to join in and dance.2. Start Video. Participate and call out the lines as the characters in the video do.3. When the Wigglelator song begins (1:54 or 2:23), have the kids and parents get up and wiggle their bodies and dance to the song.4. When the Galaxy Swim song comes on (4:55), have the kids and parents get up and do the moves with the video. Call out some of the lines along with the characters, such as "I'm in Space!" "I'm Floating!" Look at me!". Encourage the class to join in.5. If you have time, play through the Zeta dance (7:20).
Discussion	<p>After the video, invite everyone to sit down. Remind everyone how important it is to keep being active, and ask a few open ended questions such as (or think of your own):</p>

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	<ul style="list-style-type: none">• Everyone did such a good job moving today. Did you know that dancing and moving are good for your body? Put your hand over your heart – it may be beating a little faster after moving so much. That’s your heart saying “thank you!”. Doing activities that get your heart beating fast - like dancing, playing, walking, and running - make you healthy and strong! Keep doing these as much as you can every day!• What was your favorite dance?• What adventure did Zobey go on? When you go home and watch the whole video, you’ll find out about another adventure Zobey and his friends go on! Be sure to listen and watch for it!• Can you remember what foods Zobey saw in outer space? Keep eating healthy foods like the ones you saw in the video! What foods will you try?• (optional) Reference recipes on TexasWIC.org.• Do you have a best friend? What’s their name? What nice thing have you done for your friend lately? It’s important to be kind and helpful to make and keep friends!
Wrap-up and Evaluation	<ol style="list-style-type: none">1. What did you like most about the video?2. What other ways will you be active as a family this week?3. Give each child a Zobey Space Adventure DVD, if available. Also show/tell clients where to find Zobey videos, recipes, and more on TexasWIC.org Kids’ section (TexasWIC.org/kids).4. Give each parent/caregiver the Space Adventure Self-Paced Lesson. Be sure they know that if they watch the rest of the video at home and complete the self-paced lesson, they can bring proof to their next appointment for class credit. Tell them that they can also complete an online Zobey Space Adventure class for class credit instead.5. Give each child a Zobey Space Adventure Coloring Book, if available.

Thank you for coming today and going on a space adventure with Zobey!